

HUMORS



From the word banks on the side, match each humour with the element and explain what they thought it was for!

Earth

- _____

Air

- _____

Water

- _____

Fire

- _____

Melancholic
Sanguine
Phlegmatic
Choleric

Yellow Bile
Blood
Phlegm
Black Bile

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From the word banks on the side, match each humour with the element and explain what they thought it was for!

Earth

- Melancholic or black bile. This was a force they believed consolidated. They believed that this humour would heal your body and give your bones strength.

Air

- Sanguine or blood. Since you can't survive without air, it only made sense to pair blood with this element. Since you can't live without blood it was thought to be an attractive force.

Water

- Phlegmatic or phlegm. This stood for spit, sweat, or snot. It was said to be an expulsive force that helped cleanse your body.

Fire

- Choleric or yellow bile. Stomach acid and the bile from your liver were part of this humour. They were paired with fire since it had to do with consuming things.

Melancholic
Sanguine
Phlegmatic
Choleric

Yellow Bile
Blood
Phlegm
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